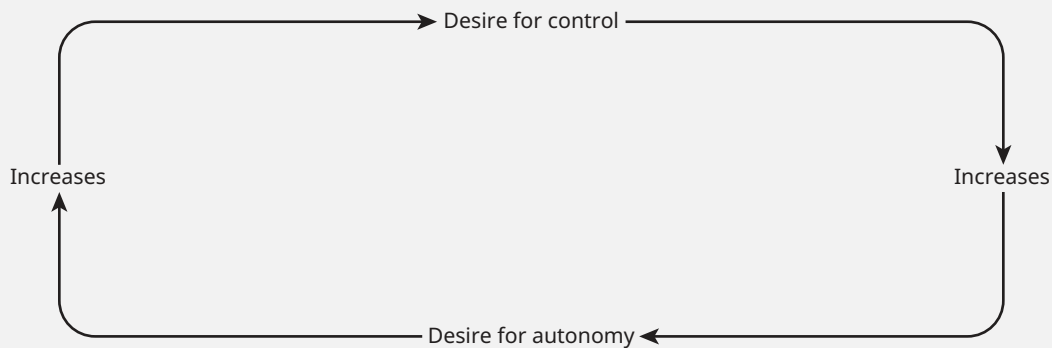


# Power With vs Power Over

From, *High Impact Instruction*

## Control-Autonomy Vicious Cycle



## Connecting through One-to-One Conversations

- Schedule them throughout the year.
- Discuss student progress.
- Ask for feedback on what is and isn't working.
- Use effective communication strategies to build connections with students, especially listening.

## Listening

- Commit to listening to every student.
- Make sure that the student is the focus of the conversation, not you.
- Talk in a way that opens up rather than shuts down a conversation.

## Communicating Respect

- Commit to seeing students as people with important ideas to share.
- Validate what students say.
- Avoid sarcasm, singling out students, cutting students off in mid-sentence, or other actions that communicate a lack of respect.

## Empathizing with Students

- Commit to striving to see the world through your students' eyes.
- Ask: What is each student experiencing right now every day in every class?
- Consider how high-, average-, low-, and other-learning students are doing in your class or how they will experience a planned learning opportunity.
- Keep photos of your students on your desk to remind you of them when you are planning lessons.
- Give surveys to uncover students' interests.
- Consider having your students try a program like *Possible Selves* to uncover their goals, strengths, and weaknesses and to make an action plan for growth.
- Give students writing prompts that provide more insight into their lives, such as asking them to describe a person they respect, a challenge they have overcome, or something that makes them feel proud.
- Prompt students to do Martin Seligman's Three Good Things Exercise.
- Ask students for anonymous feedback.
- Consider asking your instructional coach or other school staff to interview your students.
- Take challenging classes, such as foreign language courses, that help you better understand the experiences of students who are struggling in our class.